

The Tribune Institute

In the World of Women

PURIFYING THE FOOD STREAM AT ITS SOURCE

By ANNE LEWIS PIERCE.

Director of The Tribune Institute



IF ANY ONE thinks that the fight for pure food is won, and that only the scandal-monger and hungry space writer find it worth while to talk of food adulterations, he ought to be made to take a reading course in the weekly reports of the city Board of Health.

If you were trying to screen foul matter from a stream would you start at its source or at its mouth? Most food inspection has taken place at the mouth of the stream—the retailer's shop, where the goods are delivered to the consumer.

More work is being done now at the source—at the wharves and points of entry and, more lately in New York City, at the food warehouses and factories. The warehouses and factories especially are likely places for spoilage, and a man who has paid storage charges on foodstuffs, waiting for the most auspicious time to market them, naturally is not going to "dump his cargo" unless "needs must" and the Health Department—no disrespect intended—drives.

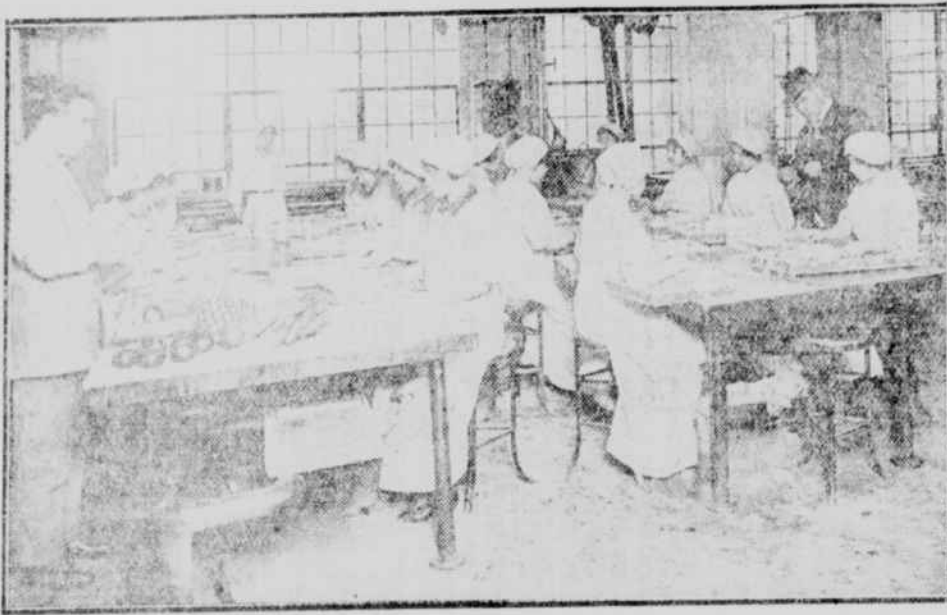
Until the millennium arrives, and the health of some one he has never seen and never will see means more to the average man than his own profit and daily bread, we shall need food inspectors.

One need not be vicious—he need only be ignorant, neglectful or selfish—to tolerate shocking conditions of this kind. People who have no idea of cleanliness and sanitation, unhappily, handle much of the food supply.

A really pathetic story is told of one old couple from Eastern Europe who applied for a milk license. It was refused on account of the condition of the premises. The owner of the house in which they lived brought pressure to bear and demanded that another inspection be made. It was. A full dress rehearsal, with the influential friend present and the old couple in their Sunday best. But a greasy, dirty dipper for the milk, and an old milk can half-washed and partly filled with questionable looking water, demonstrated even to their defender that the old couple's ideals of cleanliness did not fit them to be purveyors of milk.

In the cellar of one warehouse recently 17,800 pounds of fig paste were found, wormy and rat eaten and stored under filthy conditions. It was being used in an uptown factory, where it was neatly coated with chocolate and fed to the children of the East Side at a penny per 1,000 pounds had already been so disguised, but was nevertheless obviously the worse for wear. One particularly exuberant sample was adroitly washed down the drain by the an-

Until the Millennium Arrives, and the Health of Some One He Has Never Seen and Never Will See Means More to the Average Man than His Own Profit and Daily Bread We Shall Need Food Inspectors



A Candy Kitchen Where the Materials Are Good and Methods Are Cleanly



Whether Covered or Not, the Pushcart Is Not the Place to Buy Candy

nnoyed owner when the inspector wasn't looking; but, happily or unhappily, the evidence was widespread. The inspector dramatically reported the finding of "the dead body of a white worm" in one sample, and added his opinion that the owner of this material was of "a corrupt and depraved mind" and unfit to supply the public with food. It is hoped that the judge will share this opinion when the case is brought before him.

Many a fine-drawn battle has been fought at Washington, under the pure food law, as to when a cherry is a maraschino and when it is not; must it be a certain kind of cherry, or does the maraschino bath make any cherry a member of this much-desired family?

No such subtle distinctions worried the owners of 300 casks of this delicacy, thirty-seven of which had leaked and were filled up with water from the bay—taken by evil chance from a sewer outlet—and dosed with sodium sulphite and salt to insure their good appearance. Happily, the inspector got them before they went to grace the desserts or the beverages of the fastidious—got 11,100 pounds of them, to be precise.

Being of a hopeful disposition, it was suggested to the gloomy-viewed health official that only a small part of the food could be like this, and it was hard on the poor, of course, but no real store would get anything of the kind. The official gloom refused to fade.

"We condemned hundreds of pounds of decomposed apple and fermented fruit juices, mouldy and decomposed quinces, on the manufacturing floor of a maker selling to one of our biggest



Inspectors Keep a Keen Eye on Frozen Eggs Used by Bakers

grocers the other day," he submitted with Togo-like serenity. "It doesn't always follow that the better goods are clean, though of course the poor always get the worst of it."

Tomato catsup and tomato pulp have always been the innermost sanctum in the Chamber of Pure Food Horrors—and they still hold their own! Hence, the just suspicion that attaches to artificially preserved products, whatever the explanation or excuse may be. They are in bad company.

One notable case, recently cleverly handled by the Department of Health, resulted in intercepting the sale of 2,000 pounds of catsup, which poured forth with a loud noise and much unnatural velocity when the bung was removed from the barrel.

A pathetic conversation had previously ensued, in which the buyer reproached the seller with the extra charge of 10 cents a gallon for the boiling and added benzoate and sugar necessary to hold the product down till it could be consumed. The novice in the trade objected. "Nonsense," said the master. "Ask So-and-So. He knows catsup; he will tell you it's all right."

We hate to think that "he knew catsup."

We know brands of catsup that divide the honors neatly with Caesar's wife; but this lot was happily caught and condemned. The sad feature of the case is that, after rebelling and seasoning, worked-over jams and jellies and catsups in many cases cannot be detected, either by examination or by taste. Hence the necessity of catching them in the making—or remaking.

Another catsup manufacturer was found to be using Bismarck brown, a harmful coloring material, to restore to an "over-

worked" and worn-out product its youth, strength and spiciness. The man who sold the color protested that his idea was that it should be used for staining furniture. This reminds us of the "good old days" when the colors used to print the labels were cleaner and purer than those that went into the food inside the package.

Only once in a while do we revert to type in this way. But we cannot help regretting that any one's appetite should be so capricious or his aesthetic tastes so starved as to demand artificial colors in his food!

Week after week the inspection squad picks up their quota of tons of foodstuffs condemned as unfit for food. This, in hard times, has a sad aspect, and makes its own appeal for better distribution and handling. That is the place to apply the remedy; not try to economize by cheating the garbage pail and the dump of their lawful prey.

There is much variety in the collection. Suspicious, unsound peanuts, pineapple and marmalade ready to be made up into candies—"confections," they would probably have been called—were caught in the nick of time, and \$100 fine imposed, besides; 662 cans of eggs—over 19,000 pounds—were had enough to cause an arrest; citrus fruits and grapes, arriving in a decayed condition, some 475,000 pounds of them—all these threats to health are turned aside by the daily inspection work.

But, again, the harvest is large and the laborers are few. The moral effect of this work, its tendency to prevent fraud, is always an important factor—more important, probably, than the condemnations and arrests actually effected.

One of our own investigators came in the other day from researches in quite a different field—the medical field. She sank rather wearily into her chair, and, on being asked if she had had an unsuccessful day, said: "Oh, no, quite the contrary. But, God help the poor!"

This is not meant to be a scare-head story on the food supply. It probably never was better in quality. And those with money and discretion need seldom, if ever, encounter dirt or debased foods.

But the poor! With a heritage of low resistance, unhealthy surroundings, enough of neither air nor water, and debased and dirty foods—what can society expect of them? We cannot make the dragnet of the health departments too fine. The public health is a moral demand that the food of the poor be just as wholesome and clean as that of the rich. It can be, if intelligence and alertness are retained on the case and money and confidence are assured to our health departments instead of leaving them to be the plaything of politicians and special interests.

Everybody has a stomach, whether he be Democrat or Republican, Socialist or plutocrat, rich or poor; and every community ought to be able to pull together on questions of public health.

PACK THE CHRISTMAS HAMPER WITH DAINTIES THAT REMIND OF HOME

By VIRGINIA CARTER LEE

WITH the coming of the joyous Christmas season and many housewives confronted by the problem of providing a large number of gifts for their circle of friends and relatives, the oldtime custom of remembering friends at the holiday season with some Christmas dainty made at home has cer-

tainly much to recommend it to everybody.

A few glasses of jelly, daintily boxed; a jar of jelly or peaches, gay in its holiday wrapping; a small, delicious cake or pie, accompanied by a cheery Christmas greeting—will all be warmly appreciated by the recipients; while if a more elaborate holiday remembrance is desired, a small Christmas hamper or basket

stocked with "goodies" will bear with it the thought that "you are desirous of sharing your Christmas cheer."

Many persons, unfortunately, associate the idea of a Christmas hamper with a very expensive article, and fail to realize that an attractive one is well within the means of the most modest housekeeper, provided it is planned in advance.

In fact, a great deal may be done toward the preparation of these baskets when you are engaged in your own Christmas cooking. A few extra seed cookies, two or three small pies, a cake recipe slightly increased, with perhaps one morning devoted to baking, will stock three or four small hampers in a most satisfactory manner.

Select the baskets to hold the Christmas cheer well in advance of Christmas. If they are not very attractive in appearance, treat them to a coat of green paint, followed in a day or two with one of green enamel. When ready to pack them, line with crisp white tissue paper. Always arrange the hampers, if there are a number of articles to be packed, by placing the heaviest ones in the bottom and the lighter and more perishable on top.

Cover the contents with more tissue paper, slip in a Christmas card with the holiday's greetings, and fasten the handles with a bow of green or bright scarlet ribbon, through which is thrust a spray of holly or mistletoe.

With a little time and thought these delightful "Christmas" gifts may be rendered most attractive; although if one desires a still simpler gift, gay holiday boxes may be purchased for a few cents and filled with a dozen tiny mince turnovers or some delicious little fried nut cakes or "hermits," and will answer quite as well as the more elaborate hampers.

As examples of "Christmas goodies" suitable to send as holiday remembrances the following tested recipes are suggested:

FRIED NUT CAKES

Cream half a cupful of butter and gradually stir in one cupful of granulated sugar, the beaten yolks of three eggs, a pinch of salt, a little grated nutmeg, and the egg whites, that have been whipped until stiff. Have in readiness about three cupfuls of flour, sifted with two teaspoonfuls of baking powder; add this to the other ingredients, alternately with half a cupful of sweet milk, and stir in one cupful of chopped nut meats. The dough should be of the consistency of that used for crullers. Roll out on the pastry board, cut with a fancy cutter and fry in deep hot fat to a rich brown. Drain for a moment on brown paper and roll

while hot in powdered sugar. As these dainties are always at their best when freshly made, they should be sent out immediately.

COCOANUT CHEESE CAKES

Peel and grate one coconut. Boil one pound of sugar for five minutes in two-thirds of a cupful of water; then stir in the grated coconut and simmer for ten minutes longer. Remove from the fire, and while warm stir in one tablespoonful of butter, the yolks of two eggs well beaten, the grated yellow rind of one lemon, the strained juice of half a lemon and one cupful of seeded raisins. Bake for about twelve minutes in patty or tart pans that have been lined with pastry. Garnish each with a tablespoonful of meringue, and return to a moderate oven until delicately browned.

FRUGALITY FRUIT CAKE

This cake, when rightly made, can hardly be told from a rich fruit cake; but to have it at its best it must be carefully mixed and cooked slowly in a very moderate oven. Cream together one cupful of brown sugar and half a cupful of mixed lard and butter; then add three heaping tablespoonfuls of ground cocoa (this cannot be tasted in the cake), half a cupful of dark molasses, one teaspoonful each of ground cinnamon and grated nutmeg, half a teaspoonful each of ground allspice and ginger, one small cupful of thick sour milk in which has been dissolved a level teaspoonful of baking soda, and sufficient sifted flour to form a cake batter. Beat the mixture hard, add a cupful each of chopped raisins and currants, half a cupful of finely shredded citron and the same of minced candied orange peel. Turn into well greased pans that have been lined with greased paper, and bake in a very moderate oven for about fifty minutes.

OLD-FASHIONED SEED COOKIES

Cream together half a cupful of any preferred shortening and one cupful of sugar; then add three well beaten eggs, the grated yellow rind and juice of an orange three tablespoonfuls of rich milk or cream and one and a half teaspoonfuls of baking powder sifted with sufficient flour to form a cake batter. Beat well, add caraway seeds to taste, and then additional flour to form a dough that can be handled. Roll out on the pastry board into a very thin sheet, cut into fancy shapes, lay in greased pans and sprinkle with granulated sugar. Bake in a quick oven until crisp and brown around the edges.

MOCK MINCE TURNOVERS

These are not as rich as the regular mince-meat turnovers, and yet they can hardly be distinguished from them. Prepare the filling

by mixing together one large cupful of stoned and chopped raisins, half a cupful of currants, three tablespoonfuls of melted butter, two heaping tablespoonfuls of sugar, one tablespoonful of molasses, half of a grated nutmeg, half a teaspoonful of ground cinnamon, and the grated yellow rind and juice of one lemon. Roll out a sheet of pastry, cut into rounds, and

lay two tablespoonfuls of the mince in the centre of each circle. Fold over the crust, crimp the edges of the paste together with the tines of a fork dipped in flour, and make several incisions in the top of each. Lay on greased pie plates, brush over with beaten egg mixed with a little water, and bake in a very hot oven until crisp and brown.



TESTED AND ENDORSED RECIPES

These Contributed Recipes Have All Been Tested and Approved by the Cooking Expert of The Tribune Institute. We Pay the Contributors \$1 for Each Recipe That Is Printed

DIPLOMAT AU RHUM

This is made in a pudding form, which holds one quart and is enough for six persons.

First make a syrup of half a pint of water and four tablespoonfuls of sugar, boiling over a slow fire about ten minutes. Take the syrup from the stove and add one large wineglass of Jamaica rum.

Take one dozen macaroons and eighteen ladyfingers; dip each one in the syrup and arrange in the pudding form in layers as follows: A layer of macaroons and a layer of apricot jam, then a layer of ladyfingers and a layer of strawberry jam, and so on until the form is filled up to within an inch of the top. Pour the syrup that is left over the top.

Beat one egg and add two eggs and a half cup of milk sweetened and flavored with vanilla. Pour this over the pudding and let it soak in. When the liquid is soaked up put the pudding in a pan of boiling water in a hot oven and let it stand until a silver knife thrust into it will come out perfectly clean.

Let it stand twenty-four hours in the refrigerator. Make a custard of one pint of milk, the yolks of three eggs and two tablespoonfuls of cognac. Be very careful in doing this. Let the milk come to a boil and then break the eggs and stir into it one at a time, stirring until it is smooth and velvety. When it is of the proper consistency pour the pudding from the form into a dish and pour this cream over it. Put in the refrigerator until it is well chilled, then serve.

This dish can be made without the rum or cognac if desired, as the flavor of the fruit alone is rich and delicious, although not quite so pleasant as the flavoring of the original French recipe.—M. L., New York.

CHICKEN SALAD SUBSTITUTE

1 can tuna fish Lettuce
Small lunch celery Mayonnaise
1 green pepper

This is a splendid substitute for chicken salad. Remove tuna fish from the can, put into a strainer and pour over it two or three cupfuls of boiling water. Drain this off, then add same amount of cold water and drain thoroughly.

Dice the celery and cut the pepper in small pieces. Add to tuna and mix all with mayonnaise. Serve on crisp lettuce.—W. A. B., N. Y.

BONNES BOUCHES

1/2 cupful butter
1 cupful sugar
2 eggs
1/2 cupful milk
2 teaspoonfuls baking powder

Cream butter and sugar. Add eggs and milk, then two cupfuls of flour to which baking powder has been added. Mix thoroughly; then add enough more flour to roll out thin. Cut with a cookie cutter, put together with the date filling and bake.

DATE FILLING

Place dates, sugar and water in a saucepan and cook until the dates are soft and the syrup thick.—M. L., Canada.

DELICATE PEANUT BUTTER

Peanut butter, diluted with water and beaten to a cream, has won its way with many persons who have refused steadfastly to recognize the deliciousness of this nutritious food.

Put a tablespoonful or so of peanut butter into a bowl and add cold water gradually, mashing the paste against the side of the bowl and beating with a spoon until it is of the consistency of thick mayonnaise. Serve on crackers or thin bread and butter or in sandwiches.—P. M. D., New York.



IT HAS BEEN MY EXPERIENCE

These Suggestions Have All Been Contrived by Housewives Who Have Learned by Experience That They Are Good. We Pay \$1 for Each Experience That Is Printed

A KITCHEN HELP

One of the greatest helps I have discovered is the use of one of the old-fashioned revolving piano or organ stools in my kitchen for doing work that can be accomplished sitting as easily and well as standing. It is invaluable when ironing, as it can be raised or lowered to any desired height. One can also turn to table or stove more readily than when standing. Once tried, no other kind of stool will be used in the kitchen.—A. L., Washington, D. C.

A SHOPPING CONVENIENCE

Mistakes might be avoided by having in your purse when shopping a few slips upon which your name and address are plainly written to have pasted on your packages.

I save all of the unsealed envelopes that come to the house, and use the gummed flaps for this purpose. Each one will make two slips, and they are easily applied and avoid confusion, which often results from an insufficient address.—MRS. J. E. McC., Pennsylvania.

TO MAKE MAYONNAISE LIGHT

When making mayonnaise dressing mix the ingredients, with the exception of egg white, in a separate bowl, and beat stiff with an egg beater. Add the beaten white last. This makes it light and much nicer.—M. M., New York.

FOR CROCHETING AN EDGE ON STIFF MATERIAL

The effort required to press the crocheted needle through cloth can be greatly lessened by stitching around the edge to be used with a heavy

sewing machine needle, leaving the machine threaded. The length of the stitch can be adjusted to the requirements of the edge. Sometimes only alternate perforations need be used.—M. R., Massachusetts.

A ROLLING PIN PROTECTOR

Protect your rolling pin and board when not in use by covers of heavy duck, which costs little extra. For rolling pin, make a tube open at lower end and closed at top by drawing it through only space for handle to slip through. Hang the cord or small hook in end of handle. For the board, make an envelope open at lower end, and with two small slits in upper (closed) end, to correspond with two screw eyes, which should be placed in end of board, and hang on two small hooks on kitchen or closet door. The covers may be kept sanitary by occasional bolting.—E. M., Massachusetts.

AN INGENIOUS SPACE-SAVER

Space being at a premium in my tiny hall bedroom, I put up a small drop-leaf shelf behind my bed in lieu of the customary bedside table. This came in very handy when I was lying in bed, the bed could be pushed under it, allowing it to be used as a bed tray.—Mrs. J. P. B., Michigan.

INNER PILLOW SLIPS

I make under pillow slips of white, pink or blue cotton. These slightly starched protect the pillow. Being under the usual linen pillow case they make it wear longer and make a good looking pillow.—Mrs. A. C. G., New York.

A GOOD SUGGESTION

When you have no filter for jam jars try using a soup ladle, instead of a cup; you are less likely to scald your hand.—A. C. H., Canada.